



★ **ALL STARS** ★

HEALTH HABITS! ★

Listen to Abidemi's tips and select the options below that you consider correct:



1 Abidemi gives us tips for when we get...
a) a cold b) a temperature c) the flu

2 She says that she usually...
a) goes to the doctor's b) doesn't go to the doctors

3 She says that she prefers...
a) taking medicines b) healing naturally c) taking care of herself

4 The first tip she gives is...
a) sleeping more b) staying awake c) taking pills

5 She eats more to get more...
a) nutrients b) energy c) happiness

6 She says that she consumes more...
a) coffee b) green tea c) water

7 Another fluid she consumes a lot is...
a) beer b) orange juice c) soda

8 To jump start her immune system she consumes more...
a) sweet food b) salty food c) spicy food



YOUR TURN!



Read Abidemi's video script and write your own tips for a cold. Use the script as a guide.

My name is Abidemi and I'm Nigerian. The question is what do you do for a cold? When I get a cold, I usually don't go to the doctor's or take medicine because I think it's healthier to try to have my body heal me naturally, so as much as possible, I try to sleep more. I also try to eat more, so I can get the nutrients that my body needs. I drink lots of water or fluids in general, and especially juice. I drink a lot of orange juice or just oranges and lemons, to help rid my body of the cold, and I also try to eat spicy food to jump start my immune system.

WHAT DO YOU DO FOR A COLD?

A large, empty rectangular box with a light gray background, intended for the student to write their own tips for a cold.